

Fitness Classes - Seneca@York

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SENECA@YORK FITNESS CLASS SCHEDULE

May 12-May 30, 2025

No classes Monday May 19 (Victoria Day)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				12:00-1:00pm Barbell Pump (Nick)
	3:00-4:00pm Circuit Training (Nick)		4:30-5:30pm Circuit Training (Nick)	
			4:30-5:30pm Afro Dance (Kofi)	

Location: 2nd floor Fitness Centre

Register to reserve a spot via Fusion Portal or App.

Registration opens 10 days before class. Drop-ins welcome.

Check-in required when you attend class.

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for all schedule changes and class cancellations.



SENECA@YORK FITNESS CLASS DESCRIPTIONS

Afro Dance: This class is open to dancers and individuals of all levels and cultures and is the perfect opportunity to learn and improve your skills in this exciting dance style. You will learn basic Afro dance steps, traditional Afro beats moves, as well as choreography. We will be learning Azonto, Dancehall, Afrobeat and Amapiano.

Barbell Pump: Squat, lunge, deadlift, and row yourself into a more toned, and more confident person. Our 60-minute Barbell Pump class is a total body strength training workout that uses a variety of movements to build a strong foundation to help you continually achieve results. The music will fuel your fire and our instructors will encourage you to continually progress, so you walk out of class feeling powerful. All fitness levels welcome.

Circuit Training: From Battle Ropes to Sled Pushes and everything in between, this 60-minute Circuit class is a total body cardio and strength training workout that uses a variety of functional movements to build a strong foundation to help you continually achieve results. All levels welcome.